



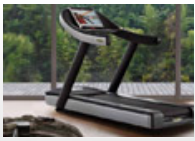
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Cardio



Strength



Kinesis



Flexability



Group movement

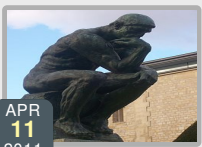


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Intensity

Intensity is understood as organic and muscular engagement compared to the maximum possible performance (quality): ...

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Why Technogym

Helping people to live better is our Mission We think, plan and realize innovative systems for both a physical and psychological Well-being and for the improvement of people's quality of life, through physical activity, a good diet and correct habits, ...

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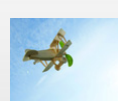
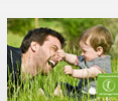
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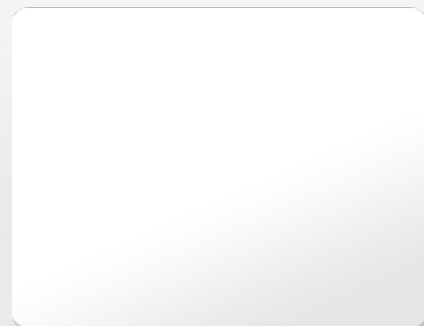
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